



Broiled Cajun Catfish

Makes 4 servings

Ingredients:

- 1 ¼ pounds catfish fillets, cut into 4 pieces
- ¼ cup buttermilk
- ½ cup yellow cornmeal
- ½ teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon cayenne pepper

Directions: Remember to wash your hands.

1. Preheat oven broiler. Lightly spray a rack (large enough to hold the fish in a single layer) with cooking spray and set it on top of a baking sheet; or use a broiler pan.
2. Place fish fillets in a shallow dish. Pour buttermilk over and turn to coat well. Stir together cornmeal, salt, paprika, onion powder, garlic powder and cayenne in another shallow dish. Lift each piece of fish from the buttermilk, shaking off the excess, and dip both sides in the cornmeal mixture, coating completely. Place on the prepared rack or pan.
3. Broil the fish, about 4 inches from the heat, until it is opaque in the center, about 3 minutes per side.

Nutrition information per serving: Calories - 250; Fat - 11 g; Carbohydrate - 24g; Protein - 2 g; Sodium - 380 mg.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Sharolyn Jackson, 785-532-2273

**Kansas State University Agricultural Experiment Station
and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer.

